

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703088

Course Name: K-3 Integrated Health Education & Physical Education

Grade level: 3

Upon course completion students should be able to:



Standards

HEALTH

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 3.1.1. Explain the potential risks associated with inappropriate use and abuse of prescription medicines.
- 3.1.2. Identify the amount of water and food from each food group that a child needs daily and describe the benefits of drinking water and eating healthy.
- 3.1.3. Describe the relationship between feelings and behavior and appropriate ways to express and deal with emotion.
- 3.1.4. Describe the importance of being aware of one's own feelings and being sensitive to the feelings of others.
- 3.1.5. Explain why rest and sleep are important for proper growth and good health.
- 3.1.6. Describe ways to prevent harmful effects of the sun.
- 3.1.7. List examples of dangerous or risky behaviors that might lead to injuries.
- 3.1.8. Identify characteristics of healthy relationships.
- 3.1.9. Describe the benefits of abstaining from tobacco use and explain the dangers of experimenting with tobacco products.
- 3.1.10. Describe what to do if oneself or someone else is being bullied.
- 3.1.11. Explain that everyone has the right to tell others not to touch his or her body.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 3.2.1. Explain how peers can influence healthy and unhealthy behaviors.

Standard 3

Access valid information, products and services to enhance health.

- 3.3.1. Identify characteristics of valid health information.
- 3.3.2. Identify characteristics of accurate and reliable resources for health information.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 3.4.1. Demonstrate verbal and non-verbal ways of communicating with others.
- 3.4.2. Identify healthy ways to effectively communicate when resolving conflict.
- 3.4.3. Identify refusal skills that avoid or reduce health risks and explain why they are important
- 3.4.4. Demonstrate ways to tell a trusted adult if threatened or harmed.

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- 3.4.5. Explain the role of empathy and compassion when listening to others.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- 3.5.1. Identify the influences family, peers and media have on personal health decisions.
- 3.5.2. Identify health-related situations that might require an informed decision.
- 3.5.3. Identify how community, school, media and technology influence a decision related to personal health.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 3.6.1. Set long-term goals for positive physical, mental or emotional health.
- 3.6.2. Establish a long-term plan for achieving goals.
- 3.6.3. Identify resources in the family, school or community that can help with the achievement of health-related goals.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 3.7.1. Describe the importance of developing positive health habits.
- 3.7.2. Identify behaviors that reduce or prevent health risks of disease and injuries.
- 3.7.3. Explain positive health behaviors related to personal wellness, physical activity and safety.

Standard 8

Advocate for personal, family and community health.

- 3.8.1. State personal beliefs that may improve the health of self and others.
- 3.8.2. Identify factual information needed to advocate to improve the personal health and wellness of others.

PHYSICAL EDUCATION

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- 3.1.L1. Perform, alone and with others, a variety of locomotor movements at different levels and in different pathways and directions, with and without equipment

Non – Locomotor

- 3.1.NL1. Apply non-locomotor skills in various activities using different body parts, shapes and levels, with and without equipment.

Body Management

- 3.1.BM1. Perform a variety of controlled transitions in movement, with and without equipment
- 3.1.BM2. Transfer weight to different body parts for momentary weight support.

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Manipulative Skills

- 3.1.MS1. Demonstrate manipulative skills using a variety of objects with a partner by demonstrating appropriate performance cues.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- 3.2.SP1. Apply the concepts of general and personal space to movement.

Speed, Direction and Force

- 3.2.SD1. Apply the movement concepts of speed and force in a variety of activities.

Strategy

- 3.2.ST1. Apply simple strategies and tactics in a variety of activities.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- 3.3.PA1. Describe the benefits of participating in physical activity every day.

Physical Fitness Knowledge

- 3.3.PF1. Discuss strategies for using skills learned in physical education in a variety of settings to meet physical activity guidelines. 3.3.PF2. Identify the components of health related fitness.

Nutrition

- 3.3.N1. Identify a variety of nutritious food choices from each food group that will help balance the body before and after physical activity.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 3.4.SW1. Work cooperatively and communicate positively with others in physical education, regardless of skill level.

Rules and Etiquette

- 3.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.

Safety

- 3.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others

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Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 3.5.H1. Explain the health benefits of participating in physical activity.

Challenge

- 3.5.C1. Discuss the challenge that comes with learning new activities.

Self-Expression and Enjoyment

- 3.5.SE1. Explain how physical activities are enjoyable.

Social Interaction

- 3.5.SI1. Explain how physical activity provides opportunity for social interaction.

Advocacy

- 3.5.A1. Encourage peers to be physically active.